



Back to School!

Posture Prep Checklist



Have healthy posture this school year with the Back to School Posture Prep Checklist! Follow these simple steps to maintain healthy posture and stay in proper alignment.

Step #1: Sit up Straight

Sit up straight at school to stay focused and reduce body stress

- ✔ Sit back in your chair
- ✔ Pull your head back over your shoulders
- ✔ Pull your shoulders back and press your chest forward
- ✔ Press your back against the back of the chair
- ✔ Align your hips under your shoulders
- ✔ Engage your core muscles
- ✔ Align your knees over your ankles
- ✔ Place your feet flat on the floor and keep your feet pointed forward



Step #2: Stand with Confidence

Stand up taller to show confidence and reduce body stress.

- ✔ Balance your weight evenly over both hips, legs, and feet
- ✔ Pull your head back over your shoulders
- ✔ Pull your shoulders back and press your chest forward
- ✔ Align your hips under your shoulders
- ✔ Engage your core muscles
- ✔ Align your knees over your ankles
- ✔ Point your feet forward



Step #3: Better Balance

A balanced body is a strong body. Practice proper posture to balance better.

- ✔ Balance your weight evenly over both hips, legs, and feet while standing
- ✔ Don't cross your legs while seated
- ✔ Avoid leaning to one side while seated
- ✔ Avoid carrying heavy items such as a backpack on one side of your body
- ✔ Perform one-leg balance for 30-seconds each day
 - Pull one leg up to 90 degrees
 - With your hands by your sides, your head up, eyes looking forward, and both feet pointed forward, balance for 30 seconds on one leg



Step #4: Look Up

Look up while reading, doing homework, and while on devices to prevent abnormal forward curves of the body.

- ✔ Bring your technologic device up to eye level (phone, Ipad, or computer)
- ✔ Bring your book up to eye level while reading
- ✔ Perform 20/20/20 Vision Breaks
 - Every 20 minutes, look 20 yards in the distance, for 20 seconds

Step #5: Keep Moving

Movement is fuel to the brain and keeps your joints, muscles, and connective tissues healthy.

- ✔ Sit on an exercise ball
- ✔ Sit on a posture cushion
- ✔ Get a stand up desk
- ✔ Do one hour per day of moderate to vigorous exercise
- ✔ Perform daily posture stretches

